

DR06 Manual



DR06 Smart Watch

Introduction

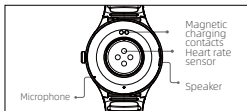
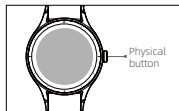
Physical button

Magnetic charging contacts

Heart rate sensor

Speaker

Microphone



Getting started

(1) Open the package and check its content.

(2) Delivery content: 1) DR06 smart watch (with built-in lithium battery); 2) user manual; 3) original charging cable.

(3) Charge the watch to activate and turn it on before first use. To charge, simply connect the magnetic charging cable to the charging contacts located on the back of the watch.

(4) Search for "VeryFit" on the App Store, Google Play or scan the QR code to download and install the app.

(5) Log in to the app and set your personal information, as well as your step and weight goals.



(6) On the "Device" interface, tap the "+" icon in the upperright corner, your phone starts searching. From the device list found, choose your smart watch name to pair with. You may also link the device directly by scanning the device's QR code using the scan function.

Health

a) Watch

1. The watch will automatically record your data.
2. You can manually measure your heart rate, SpO2, and stress on the bracelet, moreover, it can monitor your heart rate and sleep throughout the day. You can manually operate it or set it to automatically monitor your health all the time.
3. To start an exercise:
4. Start the sports App on the bracelet, click an ICON of sports type and set the goal, then start to exercise. [allenarti](#).

b) App

1. Start "VeryFit", enable the Bluetooth feature, and grant the GPS positioning permission;
2. Light up the bracelet screen and bring it close to your phone;
3. Click "Bind Device" on the App, and select the bracelet model in the search results to bind;
4. Fill in your information and set your step goal on the App to complete the binding.

Basic Operations



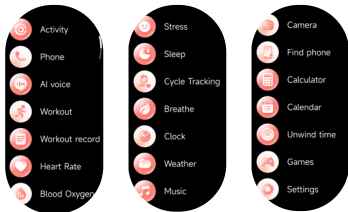
1. Wear the watch correctly: ensure that your watch is at least one finger above your wrist bone and that the sensor on the back touches your skin.
2. Screen operation: DR06 has a full touch screen, which supports operations including short tap, swipe left/right and swipe up/down.
3. Button operation: DR06 has one physical buttons; the button supports "short press" and "longpress".

Function Description

1. Dial

You can switch between them manually on the watch or on the VeryFit App watch face settings. You can also customize the watch face on the App. More watch faces are available for download from the "Watch Face Market".

2. Application list



1. When the watch face interface is displayed, short press the physical button to access the application list, which is displayed respectively from top to bottom: Activity, Phone, AI voice, Workout, Workout record, Heart rate, Blood oxygen, Stress, Sleep, cycle tracking Breathe, Clock, weather, Music, Camera, Find phone, Calculator, calendar, Unwind time, Games, Settings

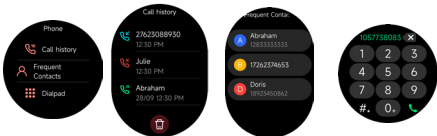
2. The wallpaper and font color of the application list can be set on the "Very Fit" APP. Open the "Very Fit" APP > click on the device > wallpaper market, select your favorite wallpaper and font color and enter the replacement.

2.1 Activity



The watch can collect and display: Exercise/Activity/Walking data and goals of the day, histogram of Exercise/Activity/Walking data per hour throughout the day, Steps and Distance of the day, Recovery Time and Maximal Oxygen Uptake for the latest Exercise, Daily Goal Setting, etc.

2.2 Phone



1. You can add up to 20 frequent contacts to your watch through the app, then call these contacts on your watch.
2. You can view recent call history on your watch and call the numbers displayed in the call history.
3. You can make calls through the watch's dialer

2.3 AI voice



Control your phone's built-in voice assistants, such as Siri and Google Assistant, by inputting voice commands on the watch.

2.4 Workout

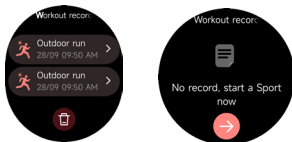
a) Up to 12 exercise types can be displayed by default. On the veryfit App, you can add or delete the exercise types or change their order displayed on the watch. There are a total of 100 exercise types to choose from on the App.



- b) DR06 supports intelligent exercise recognition. It can recognize whether the user is running/walking. It supports automatically pausing an exercise or reminding when an exercise ends. This feature can be turned on/off on the App.
- c) DR06 summary of exercise contains various exercise data, which can be checked on the VeryFit App.
- d) You can view your recent exercise records on the watch, including detailed data about your exercise; you can also view the exercise records on the App.
- e) Supporto Running Courses and Running Plans.



2.5 Workout record



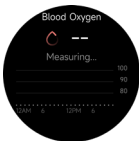
Record the data of each exercise and view the exercise records at any time

2.6 Heart rate



1. You can manually measure the heart rate on the watch. In the APP settings, you can turn on/off the intelligent around-the-clock monitoring of the heart rate, or view the heart data.
2. Each time heart rate is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

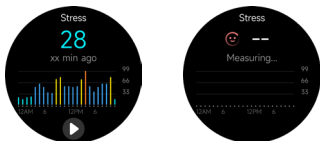
2.7 Blood oxygen



1.You can manually measure blood oxygen on the watch. In addition, the watch supports automatic around-the-clock blood oxygen monitoring. In the App settings, you can turn on/off this function, or view the blood oxygen data.

2.Each time blood oxygen is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

2.8 Stress



1. You can manually measure stress on the watch. In addition, the watch supports automatic around-the-clock stress monitoring. In the APP settings, you can turn on/off this function, or view the stress data.

2. Each time stress is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

2.9 Sleep



You can view the most recent sleep record and sleep status at each stage.

2.10 Cycle tracking



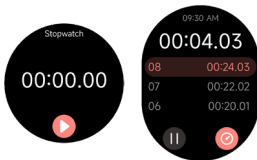
After opening Women's Health on the App, the watch will display the cycle tracking function options, and set the cycle length, reminder time and other options, and the time will be reminded periodically

2.11 Breathe



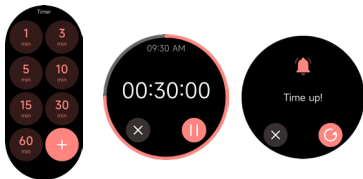
1. Enter the Breathe App and choose the duration;
2. Click to start, then follow the vibration frequency and animation instructions to adjust your breathing and it will help you relax.

2.12 Clock Stopwatch



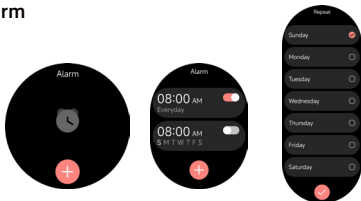
Use the watch as a stopwatch. The stopwatch has a “Lap” function.

Timer



You can set a timer with a preset duration on the watch, and the timer will remind you when the timer expires; you can customize the timer time

Alarm



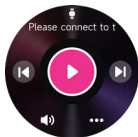
1. The watch can be set to add, delete, turn on/off the alarm; you can also set the alarm to the watch through the App; you can also set the label you need in the alarm to identify the alarm
2. You can set the alarm delay time and times in the APP to decide how long you want to delay and how many times to delay

2.13 Weather



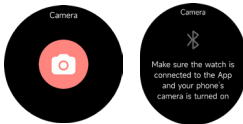
Supports seven days weather viewing, you can view today's "current weather, highest and lowest weather values" and the "highest and lowest weather values" for the next six days

2.14 Music



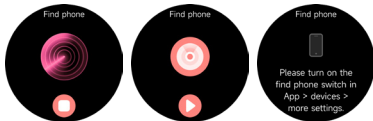
1. When the watch is connected to the App, you can control the mobile music player to perform the functions of "next, previous", "play\pause" and "volume increase and decrease".
2. This function can be displayed\hide in the App settings

2.15 Camera



When the watch is connected to the App, you can manually turn on the phone's system camera to control taking photos.

2.16 Find phone



1. When the watch is connected to the App, you can make your phone ring
2. Click the icon to end the ringing
3. This function can be displayed\hide in the App settings

2.17 Calculator



Calculator allows for simple calculations

2.18 Calendar



Quickly view past and future calendar situations

2.19 Unwind time



A life timer assistant.

2.20 Games



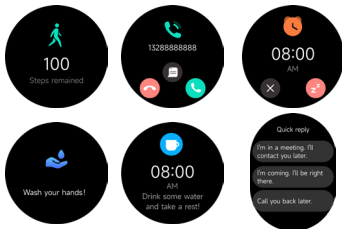
Casual puzzle games that take you to experience a different life

3. Settings



1. You can set the display of the watch
2. You can also set the sounds and vibration, DND mode,
3. You can also restart the watch, restore factory settings, and view watch information
4. You can switch between two sets of UI themes.

4. Reminder module



The watch supports multiple reminder modes, including message reminder, incoming call reminder, drinking reminder, exercise goal reminder, exercise center rate warning reminder, etc.

5. IP68 waterproof description

Water resistance is not permanent and may be reduced by time of use and daily wear and tear. The following conditions may affect the waterproof performance of the wearable and should be avoided. Damage caused by immersion of the device in liquid is not covered by the warranty:

- Pressing buttons or performing functions underwater.
- Cleaning the device with an ultrasonic cleaner or weak alkaline and weak acidic detergent.
- The product is dropped from a height or subjected to other shocks.
- The product is disassembled or repaired through an unofficial authorized agency.
- The product comes into contact with alkaline substances, such as soap or suds in the shower or bath.
- The product comes into contact with perfumes, solvents, detergents, acids or acidic substances, insecticides, lotions, sunscreens, moisturizing oils or hair dyes.
- Charging the product in a wet state.
- Dust and water resistance is only for the watch body, other parts (e.g. strap, charging cable) are not included.